

Contents

Preface

v

1. Non-traumatic Conditions of the Neck 1

| | |
|---------------------------------------|----|
| Congenital torticollis (wryneck) | 1 |
| Sprengel's deformity | 4 |
| Thoracic outlet syndrome | 6 |
| Understand the various clinical tests | 8 |
| Cervical RIB | 11 |
| Developmental factors | 11 |
| Pathological anatomy | 11 |
| Cervical disk syndromes | 13 |
| Investigations | 15 |
| Neck exercises | 16 |
| Cervical collar | 17 |

2. Traumatic Conditions of the Neck 20

| | |
|--|----|
| Injuries of the spine | 20 |
| Incidence of spine injuries | 23 |
| Injuries of the cervical spine | 24 |
| Incidence | 27 |
| Vital steps | 32 |
| Surgical treatment | 36 |
| Individual cervical fracture of interest | 37 |
| Rotary subluxation of C1 or C2 | 38 |
| Odontoid process fracture | 38 |
| Hangman's fracture | 38 |

3. Common Neck Pain 39

| | |
|---|----|
| Types of neck pain | 39 |
| Uncommon neck pains (UCNPS) | 39 |
| Common neck pains (CNP) | 40 |
| Acute variety of CNP | 41 |
| Chronic variety of CNP | 48 |
| Rapid recall: Types of neck pains | 50 |
| Investigation for common neck pains | 52 |
| Preventive measures for acute common neck pains | 56 |
| Everyday morning activities | 59 |
| At a beauty parlor or saloon | 62 |

| | |
|---|------------|
| Payoffs for your neck discipline | 62 |
| Managing chronic common neck pains | 65 |
| Conventional treatment | 65 |
| EIH therapy | 66 |
| Interrogative session | 68 |
| Therapeutic session | 68 |
| Exercise therapy | 73 |
| Mode of action | 83 |
| Educative session | 85 |
| Neck pain in special situations | 87 |
| Neck pain in school children | 87 |
| Neck pain in computer professionals | 92 |
| Computer related injuries (CRI) or repetitive stress injuries (RSI) | 92 |
| Ergonomic advice | 96 |
| Practice neck and back care techniques | 99 |
| Other measures | 99 |
| <i>Index</i> | <i>103</i> |